



EVEREST BASE CAMP TREKS



CLOTHING AND EQUIPMENT LISTS

CLOTHING CHECKLIST

- ▶ **Hooded waterproof and windproof jacket** - Gore-Tex or equivalent
- ▶ **Long sleeve heavyweight fleece (or equivalent) top** - Polartec 300 or equivalent
- ▶ **Long sleeve midweight fleece (or equivalent) top**
- ▶ **Long sleeve base layer top** - merino wool is best e.g. Icebreaker
- ▶ **Thermal Long Johns base layer** - merino wool is best e.g. Icebreaker
- ▶ **T-Shirts for hiking** - merino wool is best e.g. Icebreaker (2)
- ▶ **T-Shirts for after hiking** - cotton ok (2)
- ▶ **Full length hiking pants with zip-off legs**
- ▶ **Long pants thermal fleece style or warm tracksuit pants**
- ▶ **Long tights** - stretch/compression style/active wear - optional
- ▶ **Hiking shorts**
- ▶ **Gloves or mittens** - midweight
- ▶ **Sun hat** - large peaked or wide brimmed
- ▶ **Warm hat/beanie**
- ▶ **Underpants** (3-4)
- ▶ **Hiking socks** - woollen heavyweight (2)
- ▶ **Hiking socks** - woollen midweight (1)
- ▶ **Lightweight socks for after hiking** - cotton ok (1-2)
- ▶ **Hiking boots** - sturdy with ankle support
- ▶ **Runners or crocs/sandals** - for use when not hiking
- ▶ **Thongs** - optional
- ▶ **Swimming costume** - optional

EQUIPMENT CHECKLIST

- ▶ **Backpack** - 30 to 40 litres
- ▶ **Headtorch lightweight with spare batteries**
- ▶ **Stuff sacks** - useful for storing clothing and equipment (2-3)
- ▶ **Water bottles** - 2 x 1 litre capacity
- ▶ **CamelBak** - optional
- ▶ **Trekking poles** - optional
- ▶ **Large strong plastic garbage style bags for waterproof storage** (2)
- ▶ **Personal towel** - medium size
- ▶ **Personal toiletries** - include soap for washing clothes
- ▶ **Leukoplast style tape for blisters**
- ▶ **Sunglasses**
- ▶ **Sunscreen and lip block** - e.g. Blistex
- ▶ **Wet wipes** (100+)
- ▶ **Traveller's medical kit** - optional but recommended
- ▶ **Journal for writing in (and pen)** - optional
- ▶ **Books** - optional but limit to 2 as they are generally heavy
- ▶ **Mobile phone with ear phones/AirPods**
- ▶ **Camera** - optional as most people use their phones
- ▶ **Power bank** - to keep mobile phone charged
- ▶ **Sweets, chocolate** - can purchase on the trail
- ▶ **Tissues and toilet paper** - can purchase on the trail

